

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

Race No	Heat	Start Time	Race Category	Race Category (Age)	First Name	Last Name	Chinese Name	Club
1001	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Tsun Kiu	Lui	呂峻翹	Compass Sports Association
1002	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	伊航	羅	羅伊航	Crest Ray Recreation & Sports Club
1003	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 20-24	Jacob Yan Chak	Lee	李恩澤	
1004	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Long Kit	Chiu	趙朗傑	New Sports Triathlon
1005	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Wai Hung	Yau	邱偉鴻	
1006	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Ruben	Duk		Hong Kong Dragons Triathlon Club
1007	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Ka Cheuk Samson	Lui	呂家焯	Crest Ray Recreation & Sports Club
1008	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 25-29	Ho Kwong Billy	Ching	程浩光	New Sports Triathlon
1009	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Ka Fai	Wong		Aqua Gym Sport Association
1010	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Nai Lun	Mak	麥乃倫	
1011	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Ka Hei	Ho		Aqua Gym Sport Association
1012	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 30-34	Cheuk Ting Plato	Luk	陸卓廷	
1013	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Man Kit	Wan		
1014	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Wan	Ming	雲家明	
1015	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Giorgio	Nigi		
1016	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Quentin	Delesalle		
1017	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Cheuk Man	Chan	陳卓文	Titan Triathlon
1018	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Jonathan	Ip		Hong Kong Fire Services Sports and Welfare Club
1019	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 35-39	Clement	Ip		
1020	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Johnny	De Guzman		NL Triathlon Club
1021	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Jim	Tsang		
1022	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Wai Man	Li		Titan Triathlon
1023	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Ngok Pang Ronald	Chan	陳岳鵬	New Sports Triathlon
1024	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Ka Ho Lawrence	Wong	黃家灝	Sonic Sports Association
1025	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Tsz Chun	Wan	尹梓俊	
1026	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Pang	Kwok Man		
1027	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Kwok Fan	Li		Titan Triathlon
1028	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 40-44	Yuk Hei Gump	Wong	黃旭曦	
1029	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Man Cheung	Lau		Energetic Triathlon Shatin
1030	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Chun Hei	Cheung	張駿禧	First Ten Generation Team
1031	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Kevin	Chow		NL Triathlon Club
1032	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Michael	Leung	梁達志	
1033	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	John Kapo	Yau	邱家寶	
1034	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Wai Hung	Chan	陳偉洪	
1035	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ming Kuen Alan	Wong	黃明權	Crest Ray Recreation & Sports Club
1036	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ken Tin Chi	Lu		
1037	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ha Li	See	史廈利	
1038	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Peter Paul Dalmacio	Monis		
1039	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Sze Wang	Chung		Titan Triathlon
1040	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Yan Kit James	Ho		
1041	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Sik Lam	Chow	周錫霖	Titan Triathlon
1042	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Wai Ching	Har	夏偉正	
1043	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Chi Kin, Anthony	Luk	陸志堅	Titan Triathlon
1044	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Chi Lai Anthony	Lai		Sonic Sports Association
1046	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 45-49	Ka Yi	Leung	梁家怡	
1047	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Tik Ho	Chum	韋迪豪	Aqua Gym Sport Association
1048	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Chi Kit	Chan	陳志傑	The Little Dolphin Swimming Training Center
1049	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Jason	Wong	黃兆元	
1050	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Derek	Chow		
1051	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Jenson	Au		
1052	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Yu Hin	Lo	盧宇軒	
1053	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Pui Yuen	Wong	黃沛源	Pro-trinity Sports Club
1054	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Ching Fai	Leung		Energetic Triathlon Shatin

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1055	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 50-54	Wai Lun	Chan	陳偉倫	
1056	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Ho Yin	Mok		Energetic Triathlon Shatin
1057	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Richard	Roper		
1058	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Ka On	Yiu	姚家安	Sonic Sports Association
1059	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Kwong Leung	Cheng	郑光亮	Energetic Triathlon Shatin
1060	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Vor	Yiu	饒戈	
1061	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Hong	Au Yeung	歐陽康	Mango Swimming Club
1062	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Bertram	Shi		Energetic Triathlon Shatin
1063	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Hermann	Holst		
1064	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Chung Ming	Leong		
1065	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Vincent	Lee		AustSports Association
1066	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Chiu Kin	Chow		Energetic Triathlon Shatin
1067	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 55-59	Man Kwong	Cheung		Mango Swimming Club
1068	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 60-64	Ying Ho	Lee		Sonic Sports Association
1069	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 60-64	Yau Hong	Leung	梁祐康	Crest Ray Recreation & Sports Club
1070	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 60-64	Ka Fai	Kwok	郭嘉輝	Crest Ray Recreation & Sports Club
1071	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	King Yuen	Chan	陳景源	New Sports Triathlon
1072	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	Yuk Fu	Ma	馬育富	AustSports Association
1073	1	07:00	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Male Age Group 65 & over	Fai Ming	Chan	陳揮明	AustSports Association
1074	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 20-24	Wai Man	Lee	李蕙汶	New Sports Triathlon
1075	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 20-24	Wan Chi	Lung	龍韻之	Galaxy Sports Triathlon
1076	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 30-34	Julie Jasmin	Middendorp		
1077	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 30-34	Amy Wing Yi	Lee		
1078	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Yan	Yu		Energetic Triathlon Shatin
1079	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Hoi Yan	Ng		
1080	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 35-39	Wai Shan Lily	Chu		Sonic Sports Association
1081	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 40-44	Kong Yi	Cheng		
1082	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	Sin Yi	Shek	石倩儀	
1045	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 45-49	Wai Kwan Carina	Li		
1083	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 50-54	Pui Yi Elizabeth	Tam	譚佩儀	Crest Ray Recreation & Sports Club
1084	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 50-54	Mui Christina	Wong	黃梅	Mango Swimming Club
1085	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 50-54	Mei No	Szeto	司徒美娜	Titan Triathlon
1086	2	07:05	Challenge Distance (Run 2km > Bike 30km > Run 8km)	Female Age Group 55-59	Hau Yi Dora	Li		Energetic Triathlon Shatin
1087	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Bailee	Brown	彭詩雅	
1088	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Yan Yin	Choi	蔡欣妍	Energetic Triathlon Shatin
1099	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Open	Hoi Ching	Lam	林海晴	
1089	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Wan Tung	Wong	黃允彤	Energetic Triathlon Shatin
1090	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Lai Ki Nicole	Man	文麗淇	Energetic Triathlon Shatin
1091	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Lok Tung	Wong	王樂彤	
1092	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Oi Yin	Chan	陳愛妍	
1093	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Hayley	Tsang	曾熹兒	Energetic Triathlon Shatin
1094	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 1	Sarah	Madiano		
1095	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Elite Junior 2	Anson	Lun	倫柏翹	AustSports Association
1096	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	Tsz Yau	Lee	李紫悠	
1097	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	Adelyn	Wallace		Aqua Gym Sport Association
1098	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Junior 1	Lesley	Lo	羅海桐	First Ten Generation Team
1100	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 20-29	Cheuk Yat	Lo	盧卓逸	Energetic Triathlon Shatin
1101	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Liz	Pang	彭莉斯	
1102	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Shuman	Pan	潘舒曼	
1103	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 30-39	Pui Ling	Lee	李佩玲	
1104	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	Nok Sze	Tse	謝諾思	
1105	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	Wai Tong	Yip	葉慧棠	
1106	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	Ka Man Amy	Hui	許家敏	Energetic Triathlon Shatin

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1107	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 40-49	Man Yi May	Li		Energetic Triathlon Shatin
1108	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	Joan	Tsang		
1109	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	Shuk Han Karen	Lui		Energetic Triathlon Shatin
1110	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 50-59	Ching Yi	Li	李靜儀	Energetic Triathlon Shatin
1111	2	07:05	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Female Age Group 60-69	Yuk Ching Christina	Leung		Energetic Triathlon Shatin
1112	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Cheuk Kai	Chan	陳焯鏞	First Ten Generation Team
1113	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Wing Shun	Kong	江永惇	Sparkle Triathlon
1114	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Sen Yik Otto	Wang		Energetic Triathlon Shatin
1115	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Shun	Tang		Energetic Triathlon Shatin
1116	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ho Hin	Woo		Energetic Triathlon Shatin
1117	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ching Yeung Ocean	Chan		Energetic Triathlon Shatin
1118	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Yin Matthew	Cheuk		Energetic Triathlon Shatin
1119	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Sheung Hei	Yeung		Energetic Triathlon Shatin
1120	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Falcon	Yu		Energetic Triathlon Shatin
1121	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Shing Hin	Choy		Energetic Triathlon Shatin
1122	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Long	Leung	梁日朗	Crest Ray Recreation & Sports Club
1123	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Jadon	Li		
1124	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Matthew	Chau	周文博	The Little Dolphin Swimming Training Center
1125	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yun Fung Clinton	Leung	梁潤峯	New Sports Triathlon
1126	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chi Hang	Kei	紀知行	Sparkle Triathlon
1127	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Teng Aiden	Chow	周駿騰	First Ten Generation Team
1128	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Kai Hei	Leung		Energetic Triathlon Shatin
1129	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Ngai Carlos	Fan		The Little Dolphin Swimming Training Center
1130	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yuk Sen	Leung	梁毓晨	The Little Dolphin Swimming Training Center
1131	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Destin	Chan	陳駿	
1132	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Cheuk Yin	Lo	盧卓賢	The Little Dolphin Swimming Training Center
1133	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Hei Lok	Chung	鍾曦樂	Energetic Triathlon Shatin
1134	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Hok Sum	Au		Sparkle Triathlon
1135	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Carson	Lo	盧蒼哲	
1136	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Lap Yan Duncan	Chow	周立仁	The Little Dolphin Swimming Training Center
1137	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tsun Yu	Wong	王浚宇	
1138	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Long Jay	Chan	陳逸朗	Energetic Triathlon Shatin
1139	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat To Travis	Li		Energetic Triathlon Shatin
1140	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	柏希	李	李柏希	The Little Dolphin Swimming Training Center
1141	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Oson	Lau	劉敖辰	The Little Dolphin Swimming Training Center
1142	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yuet Hei	Chan		Aqua Gym Sport Association
1143	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Ting	Tsang	曾俊廷	First Ten Generation Team
1144	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chung Yu	Wong		Energetic Triathlon Shatin
1145	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tin Lap	Qu	邱天立	Sparkle Triathlon
1146	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Tin Hang	Qu	邱天行	Sparkle Triathlon
1147	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chi Yin Ivin	Chung	鍾至珪	
1148	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Yat Long	Cheung	蔣逸朗	First Ten Generation Team
1149	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Jaxon	Lai	賴峻琛	First Ten Generation Team
1150	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Chun Kiu	Yu	虞竣喬	Sparkle Triathlon
1151	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Nok Norman	Chan	陳諾	The Little Dolphin Swimming Training Center
1159	3	07:20	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 2	Javis	Yu		Energetic Triathlon Shatin
1152	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	睿康	譚	譚睿康	The Little Dolphin Swimming Training Center
1153	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ching Kiu	Wong		Energetic Triathlon Shatin
1154	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Harvey	Leung	梁越	
1155	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hong Ping Avery	Ng		Energetic Triathlon Shatin
1156	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsun Ting	Mok		Energetic Triathlon Shatin
1157	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hei Long Otis	Leung		Energetic Triathlon Shatin

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1158	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Sze Chai Jenson	Ying		Energetic Triathlon Shatin
1160	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Micah	Chau	周文謙	The Little Dolphin Swimming Training Center
1161	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Shu Yan Ethan	Mak	麥庶寅	Sparkle Triathlon
1162	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Chun Hang Jeremy	Chow	周駿鏗	First Ten Generation Team
1163	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tristan	Pidgeon		
1164	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ho Yeung	Wong	黃皓楊	
1165	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Isaac Chongyi	Shi	石崇伊	Mango Swimming Club
1166	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Cheuk Him	Lo	盧卓謙	The Little Dolphin Swimming Training Center
1167	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tang	Song		
1168	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yin Chun	Chu	朱延晉	First Ten Generation Team
1169	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yuk Kin	Kwong	鄺旭健	
1170	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Lok Chun	Wong	黃樂臻	First Ten Generation Team
1171	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsz Kiu	Wong	黃梓僑	
1172	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Chi Pui	Law	羅智培	
1173	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsz Ngo	Cheung	張梓傲	The Little Dolphin Swimming Training Center
1174	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tin Yat	Ma	馬天一	
1175	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tsz Ho	Yan	殷梓賀	Sparkle Triathlon
1176	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yuet Fung Nikan	Yiu	饒越風	The Little Dolphin Swimming Training Center
1177	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Ajade Chin Hap	Lee	李千俠	
1178	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Tak Man	Leung	梁德忝	Energetic Triathlon Shatin
1179	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Pak Kiu	Tsang	曾柏嶠	Alpha Zone Sports
1180	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kwun Cheong	Tsang	曾冠倡	First Ten Generation Team
1181	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Hayling William Chan	Green	希寧	
1182	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Morgan Muk	Yeung	楊目	Sparkle Triathlon
1183	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Kak Scott	Yeung	楊格	Sparkle Triathlon
1362	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Yin Wang	Pun		Energetic Triathlon Shatin
1363	4	07:45	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Male TriKids 1	Owen	Lee		Energetic Triathlon Shatin
1184	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Ching Yau	Chan		Energetic Triathlon Shatin
1185	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Hai Ching	Chung		Energetic Triathlon Shatin
1186	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Hannah	Wong	黃雅渝	
1187	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Chin Yu	Lam		The Little Dolphin Swimming Training Center
1188	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yan Nam	Leung	梁甄藍	The Little Dolphin Swimming Training Center
1189	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Michaela Grace	Leung	梁然知	First Ten Generation Team
1190	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Sze Yu	Chan	陳思予	Galaxy Sports Triathlon
1191	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Hau Yee Alisha	Wu	胡巧兒	The Little Dolphin Swimming Training Center
1192	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Sumyu	Cheung	張芯瑀	First Ten Generation Team
1193	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	周洪辰	周	周洪辰	First Ten Generation Team
1194	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Yuet Ching	Tang	鄧悅晴	First Ten Generation Team
1195	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Cheuk Man	Ko	高焯雯	
1196	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 1	Cheung	Yuet Ching	蔣悅晴	First Ten Generation Team
1197	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Ceinwen	Chau	周翹慧	Energetic Triathlon Shatin
1198	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Ching	Wan		Energetic Triathlon Shatin
1199	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hei Shun Ona	Leung		Energetic Triathlon Shatin
1200	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Chin Yau	Tam	譚千柔	Crest Ray Recreation & Sports Club
1201	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Tsz Ki	Chiu	趙梓棋	The Little Dolphin Swimming Training Center
1202	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Do Do	Hui	許多多	Crest Ray Recreation & Sports Club
1203	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Lok Yin Alicia	Lau	劉樂然	The Little Dolphin Swimming Training Center
1204	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Tsz Chin	Tsang	曾籽芊	
1205	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheuk Kiu	Cheung	張焯喬	The Little Dolphin Swimming Training Center
1206	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Jiangqi	Hu		Energetic Triathlon Shatin
1207	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Keira Joy	Leung	梁逸玥	First Ten Generation Team
1208	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Chin Yui	Chan	陳芊睿	AustSports Association
1209	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Chily Chi Lei	Wong	王姿琳	

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1210	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Tsz Ying Charlotte	Mak	麥芷凝	Crest Ray Recreation & Sports Club
1211	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Mo Tung	Cheung		The Little Dolphin Swimming Training Center
1212	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Hei Ching	Tse	謝希澄	Sparkle Triathlon
1213	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Cheryl	Lau	劉森芮	First Ten Generation Team
1214	5	07:47	TriKids Distance (Run 1km > Bike 4km (Main Dam) > Run 1km)	Female TriKids 2	Ka Pik Abigail	Mak	麥珈璧	Sparkle Triathlon
1215	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tak Long	Yip	葉德朗	Energetic Triathlon Shatin
1216	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Jason	Ng	伍泰龍	
1217	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Robin	Elg		
1218	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Cheung Sing Nicholas	Tsang	曾祥星	
1219	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tik Long	Hung	洪迪朗	New Sports Triathlon
1220	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Oscar Louis	Coggins	奧斯卡	
1221	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Shing Him	Yu	余承謙	
1222	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Open	Tsz To	Wong	黃子圖	
1223	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Chun Hei	Wong	黃俊僑	The Little Dolphin Swimming Training Center
1224	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Wai Ching Jesse	Cheung	張維正	
1225	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ka Hei Cyrus	Chan	陳家晞	
1226	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Tsun Fung	Yim	嚴浚鋒	Sparkle Triathlon
1227	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Yan Tao	Shum	沈恩途	Galaxy Sport Triathlon
1228	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Nok Hei	Wong	王諾熙	
1229	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Lok Shi	Lam	林樂仕	Energetic Triathlon Shatin
1230	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Pak Long	Lai	黎柏朗	
1231	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Auscar	Tsang	曾竟瑤	Energetic Triathlon Shatin
1232	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Tsz Leong Louie	Cheng	鄭梓亮	
1233	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ching Ho	Kwok	郭鈺灝	Crest Ray Recreation & Sports Club
1364	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 1	Ho Ting	Lee	李瀟庭	AustSports Association
1234	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Po Shun Yemi	Yick	易甫鏗	Energetic Triathlon Shatin
1235	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Yiu Anson	Wong	黃栢堯	Energetic Triathlon Shatin
1236	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Chak Lam	Wan	溫澤林	Energetic Triathlon Shatin
1237	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Dominic Wt	Carson	簡熒晉	Energetic Triathlon Shatin
1238	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Wang Hin Ian	Fok	霍泓軒	Energetic Triathlon Shatin
1239	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Yung	Pu Chak	翁溥澤	The Little Dolphin Swimming Training Center
1240	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Pak Fan	Mok	莫柏勳	Energetic Triathlon Shatin
1241	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Elite Junior 2	Ka Ho	Wong	黃嘉豪	
1242	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	宇軒	梁	梁宇軒	
1244	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Yat Him	Chung	鍾日謙	Energetic Triathlon Shatin
1245	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Tsz Him	Mok	莫子謙	Galaxy Sports Triathlon
1246	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Shun Hei	Lau	劉信羲	
1247	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Chun Ming Marcus	Wu	胡晉銘	
1248	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Yat Long	Lam	林日朗	
1249	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Pak Lam Cass	Man	文柏藍	AustSports Association
1250	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Wai Yin	Chan	陳韋弦	
1251	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	Chi Him Ryan	Yau	丘志謙	Galaxy Sports Triathlon
1252	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 1	俊樂	萬	萬俊樂	First Ten Generation Team
1253	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Ho Wai	Ng	吳鑄璋	
1254	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Yin	Kei	紀彥	Aqua Gym Sport Association
1255	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	樺	歐	歐樺	
1256	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Yu Chak	Chow	周雨澤	Crest Ray Recreation & Sports Club
1257	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Jason	Kam	金子淳	Aqua Gym Sport Association
1258	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Ngo Ki	Tang	鄧傲棋	
1259	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Junior 2	Pak Kin	Kong	江柏鍵	
1260	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Chi Fung	Leung	梁智豐	First Ten Generation Team
1261	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Po Yin	Tong	唐步然	NL Triathlon Club
1262	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 20-29	Yu Hin	Choy	蔡宇軒	

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1263	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Christopher	Ip		
1264	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Shek Chung	Mak		Energetic Triathlon Shatin
1265	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Pok Him Ron	Lau	劉博謙	
1266	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Kin Hang	Tsang	曾建恒	
1267	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Shek Lun	Li	李錫倫	
1268	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Yau Yan	Tam	譚祐恩	AustSports Association
1269	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Lok Yu	Ma		
1270	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Lik Harvey	Jiang	江歷	Hong Kong Fire Services Sports and Welfare Club
1271	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 30-39	Chun Yip	Law	羅晉業	Sonic Sports Association
1272	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Gerard	Chau	周志立	Energetic Triathlon Shatin
1273	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Yue Chun Benjamin	Woo	胡裕雋	
1274	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Rowell	Campos		
1275	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Lap Yan	Wu	胡立人	The Little Dolphin Swimming Training Center
1276	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Hiu Wai	Kei	紀曉璋	Sparkle Triathlon
1277	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Hon Suen	Mok	莫翰遜	Crest Ray Recreation & Sports Club
1278	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Ting Piu	Chong		Titan Triathlon
1279	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Kam Chung	Lau	劉錦聰	First Ten Generation Team
1280	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Chi Fung	Chow	周熾烽	First Ten Generation Team
1281	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Yik Lung	Yiu	饒奕龍	The Little Dolphin Swimming Training Center
1282	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Wai Lun	Leung		
1283	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 40-49	Lok	Law		Titan Triathlon
1284	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Koon Chor Ernest	Tse		
1285	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Yosuke	Oka	岡洋介	Energetic Triathlon Shatin
1286	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Chi Ho Eric	Cheung		Energetic Triathlon Shatin
1287	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Tak Wing Davy	Lee		Energetic Triathlon Shatin
1288	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Shu Wah Jimmy	Wan	溫樹華	Energetic Triathlon Shatin
1289	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 50-59	Wa Kay Jimmy	Chiu		
1290	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Yiu Chung	Ho	何耀宗	
1291	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Man Sing	Ma	馬敏昇	
1292	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Lui Hung Lawrence	Chung		Energetic Triathlon Shatin
1293	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Wing Kwong	Ip		Energetic Triathlon Shatin
1294	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Yin Cheong	Wong		Energetic Triathlon Shatin
1295	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 60-69	Ho Seng	Wong		Energetic Triathlon Shatin
1296	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Chi Hung	Leung	梁治洪	AustSports Association
1297	6	08:20	Sprint Distance (Run 2km > Bike 20km > Run 4km)	Male Age Group 70 & Over	Chi Ling Clement	Yeung	楊子凌	The Little Dolphin Swimming Training Center
1298	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Chi Yan Ian	Chung	鍾智仁	
1299	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Chak Yan	Wan	溫澤仁	Energetic Triathlon Shatin
1300	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Desmond Cheuk Yin	Chau	周卓賢	Energetic Triathlon Shatin
1301	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Cheuk Kiu	Ng	吳卓翹	Energetic Triathlon Shatin
1302	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Tze Kiu	Tam	譚子翹	Energetic Triathlon Shatin
1303	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Lucas	Wong	王諾	Energetic Triathlon Shatin
1304	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Elite Youth	Yik Hei	Lau	劉奕希	Energetic Triathlon Shatin
1305	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Cheuk Hang	Chan	陳焯鏗	First Ten Generation Team
1306	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Weixia Nathan	Yan	嚴偉夏	Mango Swimming Club
1307	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Shing Hang	Fok	霍承亨	Energetic Triathlon Shatin
1308	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ho Him	Tang		Energetic Triathlon Shatin
1309	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yau Hei	Tong		Energetic Triathlon Shatin
1310	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yat Long Julian	Cho	曹日朗	
1311	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Tsz Hin	Fan	樊梓軒	
1312	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Oi Hei	Chan	陳愛希	Energetic Triathlon Shatin
1313	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chun Ching	Ting	丁進澄	Sparkle Triathlon
1314	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ian	Wong	王喆	Energetic Triathlon Shatin
1315	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Philip	Leung	梁飛	

2025 Duathlon Series - Race 1 Start List (updated on 08/01/2025)

1316	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Cheuk Nam Janko	Au	區卓嵐	Energetic Triathlon Shatin
1317	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Hao Che	Chang	張浩哲	Crest Ray Recreation & Sports Club
1318	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Shun Hei	Wong	黃淳希	
1319	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Jiangzhi	Hu	胡江芷	Energetic Triathlon Shatin
1320	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yui Hang	Choi	蔡睿衍	
1321	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chun Him Louis	Wong		Energetic Triathlon Shatin
1322	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Leong Yin	Au	歐亮言	Sparkle Triathlon
1323	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Cheuk Yat Julien	Wong	黃焯一	Sparkle Triathlon
1324	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Lap Yan	Kei	紀立人	Sparkle Triathlon
1325	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	San Mau Jacob	Mak	麥震畝	Sparkle Triathlon
1326	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Pak Kwan	Chan	陳柏均	Galaxy Sports Triathlon
1327	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Pak Long Casper	Chan	陳柏朗	Energetic Triathlon Shatin
1328	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Sze Chai Damon	Lau		Energetic Triathlon Shatin
1329	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Brandon	Gong	龔彥錫	First Ten Generation Team
1330	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Cheuk Hang	Ko	高焯恆	
1331	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Yik Sum, Sam	Kwok	郭奕琛	The Little Dolphin Swimming Training Center
1332	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chun Lok	Chu	朱俊諾	First Ten Generation Team
1333	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chak Fung	Ng	吳澤豐	First Ten Generation Team
1334	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ching Long	Yan	殷靖朗	Sparkle Triathlon
1335	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Ka Kiu	Yeung	楊傢喬	The Little Dolphin Swimming Training Center
1336	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 1	Chak Hei Jeffrey	Tsang	曾澤禧	Energetic Triathlon Shatin
1337	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Tsz Ho	Chum	冚子皓	Aqua Gym Sport Association
1338	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Ngai Chun	Ting	丁毅臻	Sparkle Triathlon
1339	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Ching Kiu	Ng	吳政橋	AustSports Association
1340	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	King To	Chan	陳景滔	Energetic Triathlon Shatin
1341	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Pak Hei	Chan	陳柏僊	Galaxy Sports Triathlon
1342	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Jasper	Ho	何頌朗	The Little Dolphin Swimming Training Center
1343	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Pak Yin	Chu	朱珀賢	Sparkle Triathlon
1344	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Theodore	Zhang	張天維	Mango Swimming Club
1345	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Sung Hei	Tsang	曾崇熙	
1346	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Male Youth 2	Alban	Modiano		South China Athletic Association
1347	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Yuet Hei	Ng	吳悅曦	Energetic Triathlon Shatin
1348	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Heulwen	Chau	周短慧	Energetic Triathlon Shatin
1349	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Hiu Yau	Yeung	楊曉悠	
1353	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Cin Yee Cydnee	Chung	鍾倩兒	
1358	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Elite Youth	Chung Ning	Shum	岑頌寧	Energetic Triathlon Shatin
1350	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Yi	Ma	馬懿	
1351	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Tsz Shun	Chan	陳梓淳	
1352	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Jessie	Ho	何泳悠	The Little Dolphin Swimming Training Center
1354	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Ching Hei	Wong		Energetic Triathlon Shatin
1355	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Tsz Ying Charlotte	Mak	麥芷凝	Crest Ray Recreation & Sports Club
1356	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Hiu Tung Hazel	Lee		
1357	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 1	Cheuk Lam	Chung	鍾焯琳	Energetic Triathlon Shatin
1359	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	Hiu Tung	Leung	梁曉彤	
1360	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	Yi Chun	Chan	陳以臻	AustSports Association
1361	7	08:35	Discovery Distance (Run 2km > Bike 10km > Run 2km)	Female Youth 2	凱旻	陳	陳凱旻	First Ten Generation Team